



Blissful Kids Yoga.....

by Kelsey

Helping Kids and Parents find balance, relax, and most importantly, have fun, while developing self-control, better body awareness, coordination, and flexibility.

Summer Schedule

Tuesdays- Blissful Parent & Baby (2 mo. - New Walkers) @ 11 AM
Blissful Parent & Child (Toddlers - 4 yrs.) @ 12 PM

Wednesday- Blissful Kids (5 yrs. - 7 yrs.) @ 3 PM

Thursday- Blissful Kids (8 yrs. - 12 yrs.) @ 6:15 PM

(Adult Yoga classes offered as well, please e-mail Kelsey at RedsRealFitness@gmail.com)

REGISTRATION INFORMATION

Held at Aero Gymnastics Academy

541 Vestal Parkway West

Vestal, NY 13850

Please call (607)754-6454 to register

More Information at www.RedsRealFitness.com and

www.aerogymnastics.com